



2024 Ironbound SC Indoor Developmental Soccer League

PRACTICES

STARTING JANUARY 8, 2024

Practices will be held every Monday or FRIDAY, at

**THE IRONBOUND BOYS AND GIRLS CLUB,
11 PROVIDENCE STREET,
NEWARK, NJ**

Practice times are structured by birth year, so we can begin to structure teams for travel. The Monday practice sessions will be coordinated with professional trainers, who will be present at all practices to ensure that all registered players receive their weekly training.

The practice time for registered players is listed on www.ironboundsoccer.com. Each player must come prepared to practice with a water, shin guards, and their practice t-shirt.

Shin guards (covered by socks) are mandatory.

NO CLEATS ARE ALLOWED

Must wear soccer appropriate shoes.

No jewelry is allowed. Hats are not allowed.

Location: **THE IRONBOUND BOYS AND GIRLS CLUB,
11 PROVIDENCE STREET,
NEWARK, NJ**

Please arrive 15 minutes prior to your scheduled time.

Time	MONDAY	FRIDAY
6:00 PM	2021, 2020, 2019	2018, 2017
6:45 PM	2016	2015
7:30 PM	2014	2013
8:15 PM	2012	2011, 2010

Always check the website for updates.

www.ironboundsoccer.com